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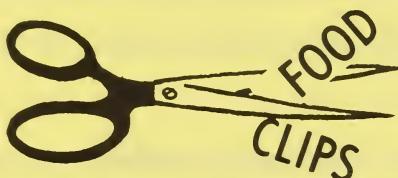
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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Did you know that rhubarb leaves contain injurious substances, including oxalic acid? Never use them for food!

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What is chard -- or Swiss chard? It is a type of beet that has been developed for its tops instead of its roots.

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Another name for French endive is "Witloaf Chicory". Collards are used about like cabbage -- they withstand heat in the garden better than other members of the cabbage group. Appearance-wise, collards do not form a true head, but a large rosette of leaves.

* * *

What is "New Zealand spinach"? It's not related to common spinach but it is a large plant, with thick, succulent leaves and stems, and needs more growth-space to spread than common spinach.

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Salsify, or "vegetable oyster", is grown in practically all parts of the country. It is similar to parsnips.

In This Issue:

- 1 Cottonseed Flour
- 2 Corncob Pipes
- 3 Look - See The Bacon
- 4 Instant Housing -- Almost!

HOW MANY WAYS

-- can you use cottonseed flour?

More ways than you think, probably. New methods are being developed for preparing textured vegetable proteins from cottonseed flour* for use in food products. A new three and a half year contract, funded by the U.S. Department of Agriculture's Research Service (ARS) has been awarded to the Texas A & M Research Foundation.

Purpose of the research is to develop a variety of ways in which cottonseed protein can be used to extend meats and to improve the protein quality of other foods made from wheat and other grains. Snack foods will also be considered. Storage studies will be made and taste tests will be conducted by highly trained taste panels.

*Cottonseed flour contains up to 70% protein as compared with only 12% in the wheat flour in commercial bread. Cottonseed flour added in a one to two ratio to all purpose flour almost doubles the protein content of cottonseed cookies. It can now be economically produced for human consumption.

THE CORNCOB PIPE — and Nostalgia

Who among us hasn't tried -- at one time or another -- corn silk in a corn cob pipe? Making corn cob pipes used to be big business in Washington, Missouri. But, that was yesteryear. Farmers, after World War II, switched to the new hybrid corns and they were not useful for pipemaking, only as livestock feed. So -- the corncob pipe business petered out.

Corncob pipes, however, had been made in that Washington community for more than 100 years -- and practically no place else. They sold most all the pipes that were used in the river towns, country villages and souvenir shops in many places here and abroad. It was big business . . . until the change in hybrid corn.

A corn geneticist with the Agricultural Research Service of the U.S. Department of Agriculture realized the plight of this economically dependent area towards corncobs. He started looking for other varieties to produce the big, thick, tough cob needed by the "corncob" community in Missouri where he was stationed.

He found it and dubbed it "Pipe No. 14", the hybrid corn that serves this purpose well. It now provides farmers an opportunity to supply three corncob pipe manufacturers in that community -- enough really for the corncob market of the world. Sales have climbed and now total about 25 million corncob pipes a year. The pipes range in style from the petite ones for souvenir collectors to the big "bubble type" pipe for kids and the conventional type of the serious smoker. So -- nostalgia returns!

The hottest place in town? it may be your attic, especially during summer heat. Attics can reach 160°. An attic fan will reduce the heat -- and the strain on your air conditioner. It will end up saving you money as well as electrical energy.

ON BUYING BACON

— Lean or Fat?

The choice is yours! If you like crispy or chewy bacon, you can make a choice when you buy the bacon -- if you know it depends on the thickness of the slice and distribution of lean. Thick slices become chewier pieces of bacon than the thin, or very thin slices -- unless you cook them longer, according to Agricultural Marketing specialists at the U.S. Department of Agriculture. Due to a new regulation on bacon packaging, you can now really see through a new window to get a good view of the bacon you're buying.

You can do better with eye-buying these days because you can now see "inside" the package. A new regulation requires that all bacon packages have a transparent area -- at least 1½ inches wide revealing at least 70 percent of the length of a representative slice. The new view will now allow you to see the distribution and amount of lean in the slice.

A regular one pound sliced bacon package contains about 20 to 22 slices -- a one pound package of thick sliced bacon usually contains about 12 slices. The distribution of the lean within a slice affects its palatability. When fried, bacon with several strips of lean concentrated in fewer but larger sections will tend to be more chewy. So -- now if you look closely you can pick the bacon strips more likely to be the crispy -- or chewy -- pieces that you prefer.

Distribution of Lean



EXPERIMENTAL HOUSING

— Strong, Cheap, and Quick to Erect

How would you like to have a six room house . . . that can be put up in a week . . . costs under \$10,000 . . . and can be heated at low cost? An experimental house (30 by 32 feet) such as this was recently built in Romney, West Virginia under the supervision of an agricultural engineer and an architect of the Agricultural Research Service of the U. S. Department of Agriculture.

How is this all possible? First, the precut and preassembled panels, trusses, and joists are built right in the community. The heating operation is economical since it utilizes built-in fans in strategic locations to distribute heat uniformly and efficiently throughout the house. The foundation panels are based directly in an excavation backfilled with six to eight inches of gravel. The pole-frame design combines with non-load-bearing walls, precut and preassembled panels, trusses, and joists. These are the features that make it different from most low-cost housing -- and the basic design is so flexible that the home may be dismantled and later reassembled in another location with minimum cost and effort.

Did you know --

If energy was delivered to your door like milk -- today you would have had 19 half gallons of oil, 14 half gallons of natural gas, and 46 pounds of coal on your doorstep. By 1985 your family will need 30 half gallons of oil, 24 half gallons of natural gas and 70 pounds of coal. The demand for energy throughout the world is rising fast. We must not waste . . . but use it wisely.

NOTE:

Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.